

FORGING THE FUTURE:



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Friday FACTS

1 June 2001

"Leadership, Partnership, and Championship"

Protect Yourself and Your Family

- Do not sunbathe.
- Avoid unnecessary sun exposure, especially between 10:00 a.m. and 4:00 p.m., the peak hours for harmful ultraviolet (UV) radiation.
- When outdoors, use sunscreens rated SPF 15 or higher. Apply them liberally, uniformly, and frequently.
- When exposed to sunlight, wear protective clothing such as long pants, long-sleeved shirts, broad-brimmed hats, and UV-protective sunglasses.
- Stay away from artificial tanning devices.
- Teach your children good sun protection habits at an early age: The damage that leads to adult skin cancers starts in childhood.
- Examine your skin head to toe at least once every three months.



Things you need to know about children's immunizations

Immunization is one of the best ways for parents to protect their children from many serious diseases. Eleven vaccines currently are recommended for infants under age 2. So it is important that parents fully understand the benefits and risks of vaccines and their affect on a child's health.



Every day, children survive constant exposure to many different germs. A child's normal immune system can handle the introduction of several weakened disease strains in a vaccine at the same time. Only vaccines that have proved safe, after years of research and testing, are given in combination. There is also a practical side to this approach. Some of the vaccines have been combined to limit the numbers of shots, thereby the number of office visits, and in turn any trauma your child might experience. Also consider what is being prevented compared with the potential consequence of disease when a vaccine is avoided or delayed. All the diseases for which we have vaccines warrant being prevented, and sooner rather than later. For additional information on this subject visit: <http://www.mayoclinic.com/home?id=CC00014>

"Whatever you do, you need courage. Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising which tempt you to believe that your critics are right. To map out a course of action and follow it to the end, requires some of the same courage which a soldier needs. Peace has its victories, but it takes brave men to win them."

- Ralph Waldo Emerson

Second Edition of Reserve Health Promotion Newsletter

The second edition of the Reserve HP newsletter is online. This quarterly newsletter, focusing on Health Promotion activities within the Naval Reserves, can be viewed at <http://www-nehc.med.navy.mil/hp/reserve/index.htm> Click on "NEWSLETTER-NAVAL RESERVE HEALTH PROMOTION" SELRES members and those interested in receiving updates about Reserve Health Promotion initiatives should send their name and email address to koleb@nehc.med.navy.mil.

World No-Tobacco Day May 31, 2001 marks this years' World No-Tobacco Day. For more information see CDC <http://www.cdc.gov/tobacco/news.htm> the World Health Organization which is sponsoring the day with the focus upon second hand smoke <http://tobacco.who.int>